

DINNERLY



Fan Fave: Beef and Beetroot Burgers with Onion and Craisin Chutney



30 minutes



2 Servings

These aren't your run-of-the-mill burgers! For extra fun and flavour, grate fresh beetroot into burger mince. Shape into patties and fry until golden, then slather over deliciously moreish Craisin chutney and pile into toasted buns.

WHAT WE SEND

- 1 red onion
- 200g beetroot
- 30g Craisins
- beef mince
- 2 milk buns ^{1,3,6,7}
- 50g baby spinach leaves

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 1 garlic clove
- 1½ tbs olive oil
- 3 tsp balsamic vinegar ¹²
- ½ tsp dijon mustard ¹⁷
- 2 tbs mayonnaise (optional) ³

TOOLS

- fine grater
- paper towel
- small saucepan
- medium frypan
- oven tray

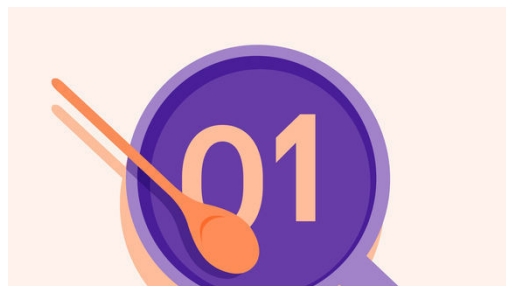
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Soy (6), Milk (7), Sulphur dioxide and sulphites (12), Sulphites (17). May contain traces of other allergens.

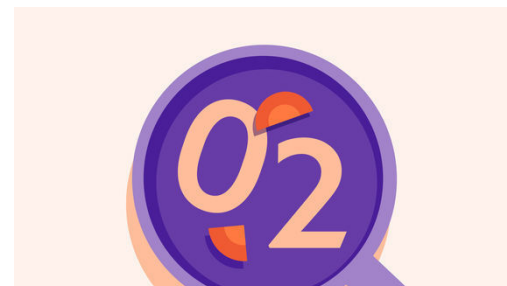
NUTRITION PER SERVING

Energy 999kcal, Fat 59.3g, Carbs 60.2g, Proteins 48.5g



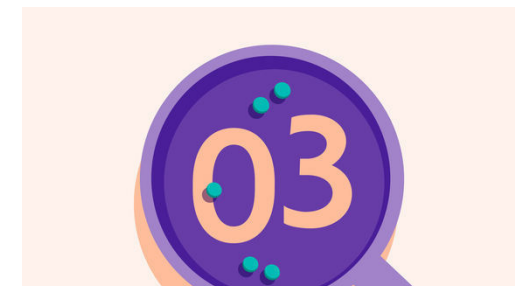
1. Prep vegetables

Finely chop the **onion**. Crush or finely chop **1 garlic clove**. Peel and finely grate **half the beetroot***. Put the beetroot on a double sheet of paper towel and squeeze over the sink to remove any excess liquid.



2. Make Craisin chutney

Heat **2 tsp olive oil** in a small saucepan over medium heat. Cook the **onion**, stirring occasionally, for 4-5 mins until softened. Add the **Craisins**, **2 tsp balsamic vinegar** and **1 tbs water** and season with **salt and pepper**. Bring to a simmer and cook, stirring occasionally, for 6 mins or until thickened. Remove the pan from the heat and set aside to cool.



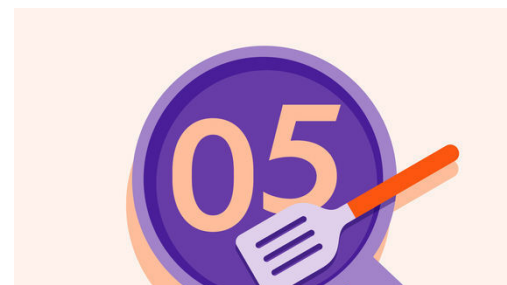
3. Prep patties

Meanwhile, put the **beef mince**, **beetroot**, **garlic** and **½ tsp dijon mustard** in a bowl and season with **salt and pepper**. Using damp hands, combine well, then shape into 2 patties, slightly larger than the base of a bun. Put **2 tsp olive oil** and **1 tsp balsamic vinegar** in a bowl, season with **salt and pepper** and stir to combine.



4. Cook patties

Preheat the grill to high. Heat **2 tsp olive oil** in a medium frypan over medium-high heat. Cook the **patties** for 4-5 mins each side until browned and cooked through. Remove from the pan and rest for 5 mins. Meanwhile, cut the **buns** in half. Put on an oven tray, cut side up, and grill for 1-2 mins until lightly toasted.



5. Serve up

Spread the **bun** bases and tops with **mayonnaise**, if using. Top the bases with some **spinach**, the **patties** and **Craisin chutney**, then sandwich with the bun tops. Serve the **remaining spinach** on the side, drizzled with the **balsamic dressing**. Enjoy!



6. Make it yours

Feel like some crunchy spuds to go with your burger? Cut some potatoes into wedges, brush with a little oil and roast in a 220C oven until golden and tender.